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(54) ELIMINATION OF ACTIVE OXYGEN WITH VEGETABLE

(57)Abstract:

PURPOSE: To easily and efficiently eliminate cancer-inducing active oxygen or radical existing in a food or generated in living body by using vegetables as eliminating agent.

CONSTITUTION: For example, scorching often occurs in the heat cooking of a food, which is the thermal decomposition product of a proteineous food or a polycyclic aromatic hydrocarbon, etc., from a carbohydrate food. Cancer- inducing active oxygen or radical is generated in the course of metabolism of the above product. In addition to the above, active oxygen is generated in living body by the metabolism of various harmful substances. The generated active oxygen or radical can be efficiently eliminated by the use of vegetables. Preferable examples of the vegetables are spinach, radish leaf and vegetable juice.

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